

The Department of Senior Services Annual
Health and Wellness Fair

Be Well. Be Strong.

Thursday, October 16
9:00 a.m. - 1:00 p.m.

Newton Senior Center
345 Walnut Street,
Newtonville

9:00 - 11:30 a.m.

Vendor booths, screenings, flu clinic

12:00 p.m.

Keynote speaker: Dr. Rob Schreiber
"The Power of Friendship"

Lunch will be provided

FREE screenings including
cholesterol, glucose, hearing,
oral cancer, and blood pressure

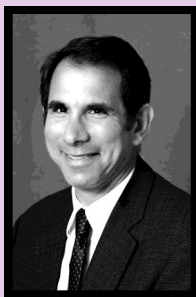
FREE Chair Massage from
Bonsai Bodyworks

FREE healthy snacks and
samples from Whole Foods and
Trader Joe's

Adult Flu Clinic

Bring your insurance card. Pick up
paperwork ahead of time at the
Senior Center or download it from
the Health Department website:
www.newtonma.gov/flu

For a complete list of participating agencies,
please visit www.newtonseniors.org



The Power of Friendship: Friendship and social connection certainly make our lives richer but research shows that it is also one of the keys to increasing longevity for seniors. Dr. Schreiber will discuss the positive physical, mental and emotional health benefits of friendship and why seniors should seek out friendship as essential to a meaningful, healthier and, perhaps, even a longer life. **Robert Schreiber, M.D.**, is a Medical Director of Outpatient Primary Care Practice, Community-Based Programs, Innovation and Development at HSL. Board certified in internal medicine and geriatric medicine, Dr. Schreiber's clinical interests focus on post-acute care, self-management of chronic disease, and practice management in senior care practices.

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